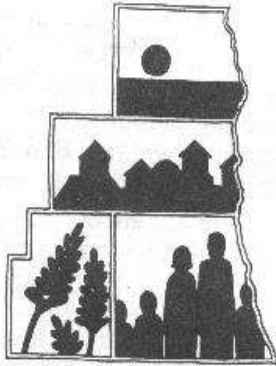


Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



- _____ Please correct your mailing list
_____ Please delete my name from list ATTACH THE OLD MAILING LABEL
_____ Please add my **E-mail Address** to get newsletter: _____

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT & E-MAIL:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

**NORTH DAKOTA AGING and DISABILITY
Resource-LINK**

Your Care Choice Connection to Aging and Disability Resources

1-855-GO2LINK

1-855-462-5465

www.carechoice.nd.gov



AGING SERVICES

Volume XVII Number VI

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Fall 2014

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Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at you senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

To provide quality, efficient, and effective human services, which improve the lives of people.



2014 Walk to End Alzheimer's - Grand Forks, ND

Saturday, September 13, 2014

Registration: 8:00 a.m.

Walk: 9:00 a.m.

Route Length: 3 Miles

Lion's Park (Adjacent to Century Elementary School)

3251 17th Ave S, Grand Forks, ND 58201

[Event Details >](#)
[Paper Registration Form >](#)
[Volunteer at this Walk >](#)

Contact: Ashley Snell |
952-857-0532 |
mnnd-walk@alz.org



Winter Weather Checklists

Stock up on emergency supplies for communication, food, safety, heating, and vehicles in case a storm hits.

Communication Checklist

- Make sure you have at least one of the following in case there is a power failure:
 - Cell phone, portable charger, and extra batteries.
 - Battery-powered radio, with extra batteries, for listening to local emergency instructions

- National Oceanic and Atmospheric Administration (NOAA) weather radio receiver for listening to National Weather Service broadcasts. Learn more about [NOAA Weather Radio All Hazards](#).
- Find out how your community warns the public about severe weather:
 - Siren
 - Radio
 - Television
 - Local public health and [emergency management](#) websites
- Listen to emergency broadcasts.
- Make a [Family Communication Plan](#). Your family may not be together during an extreme winter event, so it is important to know how you will contact one another, how you will get back together, and what you will do during an emergency.
- Be sure to check on older neighbors and family members; assist as necessary.
- Know what winter storm warning terms mean:
 - **Winter Weather Advisory:** Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe

inconvenience and life-threatening hazards.

- **Frost/Freeze Warning:** Expect below-freezing temperatures.
- **Winter Storm Watch:** Be alert; a storm is likely.
- **Winter Storm Warning:** Take action; the storm is in or entering the area.
- **Blizzard Warning:** Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.
- **Other terms are available from [NOAA](#).**

Heating Checklist

Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:

- Extra blankets, sleeping bags, and warm winter coats
- Fireplace with plenty of dry firewood or a gas log fireplace
- Portable space heaters or kerosene heaters

Check with your local fire department to make sure that kerosene heaters are legal in your area.

Use electric space heaters with

automatic shut-off switches and non-glowing elements.

Never place a space heater on top of furniture or near water.

Never leave children unattended near a space heater.

Keep heat sources at least 3 feet away from furniture and drapes.

Have the following safety equipment:

- Chemical fire extinguisher
- Smoke alarm in working order (Check prior to winter storm season and change batteries, if needed.)
- Carbon monoxide detector (Check prior to winter storm season and change batteries, if needed.)

Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning.

Do not use the generator or appliances if they are wet.

Do not store gasoline indoors where the fumes could ignite.

Use individual heavy-duty, outdoor-rated cords to plug in other appliances.

Cooking and Lighting Checklist

- Use battery-powered flashlights or lanterns.

- Never use charcoal grills or portable gas camp stoves indoors. The fumes are deadly.
- Avoid using candles as these can lead to house fires. If you do use candles, never leave lit candles alone.

Food and Safety Checklist

Have a week's worth of food and safety supplies. If you live far from other people, have more supplies on hand. Make sure you have the following supplies:

- Drinking water
- Canned/no-cook food (bread, crackers, dried fruits)
- Non-electric can opener
- Baby food and formula (if baby in the household)
- Prescription drugs and other medicine
- First-aid kit
- Rock-salt to melt ice on walkways
- Supply of cat litter or bag of sand to add traction on walkways
- Flashlight and extra batteries
- Battery-powered lamps or lanterns (To prevent the risk of fire, avoid using candles.)

Water Checklist

Keep a water supply. Extreme cold can cause water pipes in your home to freeze and sometimes break.

- Leave all water taps slightly open so they drip continuously.
- Keep the indoor temperature warm.
- Allow more heated air near pipes. Open kitchen cabinet doors under the kitchen sink.
- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.
- If you cannot thaw your pipes, or if the pipes have broken open, use bottled water or get water from a neighbor's home.
- Fill the bathtub or have bottled water on hand.
- In an emergency, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

Car and Emergency Checklist

Minimize travel, but if travel is necessary, keep the following in your vehicle:

- Cell phone, portable charger, and extra batteries
- Shovel
- Windshield scraper
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water
- Snack food
- Extra hats, coats, and mittens
- Blankets
- Chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Road salt and sand
- Booster cables
- Emergency flares
- Bright colored flag or help signs
- First aid kit
- Tool kit
- Road maps
- Compass
- Waterproof matches and a can to melt snow for water
- Paper towels

Source: Centers for Disease Control and Prevention





Grand Forks Senior Center Flu Shot Clinics

Fri. Sept. 12 10:00 am - 2:00 pm

Fri. Sept. 19 10:00 am - 2:00 pm

Wed. Sept. 24 9:30 am - 1:30 pm

Thurs. Oct 2 9:30 am - 12:00 pm



WelCore Health will be at the **Grand Forks Senior Center (620 4th Ave S)** to administer flu vaccinations.

Presently, WelCore Health can take Medicare, Medicare Advantage, Aetna, Blue Cross Blue Shield, Humana, Medica, Medicaid, Railroad Medicare, Sanford Health, and United Health Group. Please be sure to bring your insurance card. For more information, call Wendy Wild at 701-330-4216.

Reprinted: Silver Express, GF Senior Center



Get to Know Yorhom Medical Essentials

Yorhom Medical Essentials, a part of Altru Health System, offers products and professionals that help make life better. Specific service lines offered include; in-home modifications, wheelchair and scooter sales and repairs, medical equipment and supplies, vehicle modifications, respiratory therapy and infusion therapy. Our new location at 4350 South Washington St. in Grand Forks offers a spacious, expanded store front, stocked with medical equipment and supplies, a confidential insurance verification area, comfortable patient rooms, a private bay for vehicle modification and convenient drop-off and pick-up for those using oxygen tanks. With the full support of Altru Health System, a community owned integrated health care system, Yorhom offers the depth and abilities needed to make sure you or your loved one remain safe and independent at home.

Yorhom Medical Essentials

4350 S. Washington Street. |
Grand Forks, ND
58201 | 701.780.2500 |
yorhom.org
Like us on Facebook!
www.facebook.com/gfseniors

Region IV Nutrition Sites

-Grand Forks Senior Center
Information for
Grand Forks & Nelson
counties contact
701-772-7245 or
<http://gfseniorcenter.org>

-Walsh County Nutrition Program
Walsh County 701-284-7999

-Pembina County Meals & Transportation
Pembina County
701-454-6586



The Best Breakfast Deal in Town!

Suggested contribution \$2.00, older adults can come to the Grand Forks Senior Center and enjoy a full, hot breakfast. We serve each weekday from 8:30 am to 9:30 am and our menu is found in our **Silver Express** newsletter or on our website at
www.gfseniorcenter.org
[620 4th Ave S.](http://www.gfseniorcenter.org)
[Grand Forks](http://www.gfseniorcenter.org)
[PH: 701-772-7245](http://www.gfseniorcenter.org)



Advance Care Planning

As you age, you can feel better knowing there are steps you can take to ensure that your wishes, both medical and financial, are carried out the way that you want them.

Advance care planning entails discussing your wishes, completing legal documents, and appointing a health care decision maker. Having your decisions squared away and clear, so that there are no misunderstandings or second-guessing, can be the greatest gift you can give to your loved ones, and yourself. In this section we will consider the following questions:

What are your values and beliefs? When developing an advance care plan, consider your concerns, values, spiritual beliefs, or your ideas about what makes life worth living. What do you want for yourself? Most people think about the way they wish to face death or disability but may be uncomfortable discussing these topics. Sometimes sharing your own ideas, if you are helping someone, or reviewing the situations of other family members or friends who have been in similar situations, can help. Who do you want as your decision maker? Decide who should make decisions for you

if you cannot. Choose someone who will understand and be able to carry out your wishes even if they include stopping life-sustaining treatment. You should also name a back-up agent to make decisions, in case the first person is not able to do so.

Most people are unable to handle the complexity of planning their medical and financial futures on their own. Consulting an elder law attorney, who deals daily with the issues surrounding old age, can be the first step in the advance care planning process. Elder law attorneys can help you create a legal framework to ensure that your medical and financial wishes are fulfilled. Some general functions they perform are:

- ☐ Preparing Advance Medical Directives or “living wills” that clearly state what medical treatments you wish, or do not wish to receive if you can’t answer for yourself
- ☐ Preparing power of attorney documents, identifying the person you trust to make your decisions when you cannot
- ☐ Estate planning in the form of last wills and testaments and/or “living trusts” that direct where your assets will go after your death
- ☐ Exploring your qualifications for Medicaid, and if appropriate, applying on your behalf
- ☐ Advocating, on your behalf, on disputes from insurance companies either for health insurance, long-term care insurance, or life insurance

- ☐ Helping your loved ones seek legal guardianship or conservatorship, if prior

planning proves insufficient and you have lost capacity

- ☐ Consideration of employment and retirement matters
- ☐ General advice and counsel on issues surrounding aging

“Advance directive” is a general term used to describe these two types of documents:

- ☐ Living wills (sometimes called “advance health care directives”) are written instructions for care you want or do not want in the event that you are not able to make medical decisions for yourself. State laws vary, so it is important to check on your state’s requirements when completing these documents
- ☐ Appointment of a health care surrogate or Medical power of attorney (also called a Durable Power of Attorney for Health Care) is a document that names someone to make health care decisions for you when you cannot. The powers granted in a durable power of attorney are those described in the document, or included by state statute. Those powers only include health care decisions, if the document or statutes include the authority to make health care decisions. The law varies by state law- you should consult an experienced attorney for advice on your state’s requirements. The following legal documents can help you protect the assets you’ve earned through your lifetime, and keep you in

control of how they are used for your care:

□ A Durable Power of Attorney gives the person you choose the power to manage your financial estate and make your health care decisions if health care authority is included in the document or included by state statute. A Durable Power of Attorney is effective when signed, unless the document says otherwise. A Power of Attorney must satisfy state requirements for “durability” to be used when you are no longer able act on your own. Each state has its own laws enumerating the specific powers a grantee can hold and can be found online, typically on a state government website, or through a legal professional

□ In a Living Trust, your assets are put into a trust that is administered for your benefit during your lifetime, and then transferred to your beneficiaries when you die. This type of trust can avoid or minimize the need for probate. You can maintain control of the trust through your lifetime. The trust should name a successor trustee to control the assets if you become incapacitated and after your death. Trusts are strongly recommended for large or complex estates or in states that have an especially complex probate process.

Families with large estates should consult an expert for advice about income, estate and inheritance tax planning.

U.S. Department of Health and Human Services
LongTermCare.gov



Cities Area Transit offers

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm

Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application. If you call this number in the evening or on the weekends, you will need to leave a message.

Call one business day in advance of when you need your ride. Transportation Fare Assistance tickets available for qualifying individuals at the Grand Forks Senior Center front desk. Rides within GF and EGF city limits only.

Reprinted: Silver Express, GF Senior Center



1-888-575-6611
www.nd.gov/ndins
Legal Services of North Dakota (LSND)

Seniors: Have a Legal Question?

By: Jim Fitzsimmons, Executive Director of LSND

Legal Services of North Dakota (LSND) is a nonprofit organization that provides various types of free legal help to low-income and elderly North Dakotans. For more information on the services we provide, look at:

www.legalassist.org

What Does LSND Do?

- Provides free legal advice by telephone or in person;
- Provides representation to disadvantaged seniors and low-income individuals on a case-by-case basis;
- Provides speakers and education materials;
- Acts as a resource to groups that help disadvantaged seniors and low-income individuals.

How To Contact LSND General Centralized Intake

Toll Free Number -
1-800-634-5263

Seniors (60 and over) Intake

Toll Free Number -
1-866-621-9886



Ready To Remain at Home – IPAT Can Help!

The word is out! Americans want to remain in their own home, surrounded by familiar people and belongings as they age. They want to stay in the neighborhood they know, surrounded by neighbors they trust. What's more, the demands of being actively engaged in every-day home related tasks may actually serve to maintain independence and stability. It is aging-in-place, and it's a win-win!

How can *you* achieve this win-win? You can plan ahead to make your home more user-friendly by making basic home modifications and adding assistive technology (AT) devices. Don't know where to start? Trained IPAT staff can help you begin the planning process by completing a Home First consultation. Together we can explore potential modification and AT device ideas that will keep you in control and enjoying life to the fullest right at home. No successful remain-at-home plan can be a one-size-fits-all, because your abilities and home present unique challenges to function and

safety. This is where IPAT expertise is needed. We will help you think beyond a widened doorway or a grab bar in the bathroom. We understand the limits of aging and can identify areas of your home that are not working well for you, and more importantly offer solutions.

Maybe you aren't hearing the phone ring, or the voice of the TV newscaster like you used to; maybe arthritis is making getting out of bed, opening a jar or dressing difficult; maybe it is hard to read your mail, follow a recipe, or pay bills due to low vision. If these examples sound familiar, know that they can all be accomplished using the right AT devices. Don't sell yourself short and move before you explore your in-home options.

We have helped a number of North Dakota residents assess their homes, and the comments we hear most often afterward are: "We should have done this years ago."; "I didn't even know a device like this existed to help me."; and; "We can do this, and it won't break the bank." When it is time to reassess your home as abilities change, a little help from IPAT's Home First services can go a long way. Act before a crisis hits, and your home will be ready to serve you for a lifetime.

Contact Us Fargo 3240-15th Street South,
Suite B Fargo, ND 58104 1-800-895-4728
Toll-free (701) 365-6242 FAX

**2014 Northern Plains
Conference on Aging
and Disability**
October 1-2, 2014 | Ramada
Plaza Suites, Fargo
www.northernplainsconference.com



"Creating Our Future"
October 1 & 2, 2014
Ramada Plaza Suites,
Fargo, ND

Register online at:

<http://www.northernplainsconference.com/>

- **Registration at 7:30 a.m. on Wednesday October 1st, 2014, Conference Opening at 8:30 a.m.**
- **Conference Closes at 4:30 p.m. on Thursday October 2**
- **Continuing Education Units will be Available**

Topic Sampling:

- ☐ Maintaining Professional Boundaries
- ☐ Laugh for the Health of It!
- ☐ How to Use a Team When Working with Challenging Behaviors
- ☐ Nutrition
- ☐ Alcohol/Drug Use in the Elderly
- ☐ Elder Abuse

- ❑ Moving Communication Forward
- ❑ Effect of Exercise on Brain Function
- ❑ Environmental Design and Behavior
- ❑ Self-Protection and Predator Awareness

For more information, contact:

Denice Brewer
218.299.6576
denice.brewer@minnesota.edu

Exhibit/Vendor Information:

Contact Bonnie Peters at
701-237-4700 or by e-mail
BonniePeters@catholichealth.net

DEMENTIA CARE SERVICES

Ashley Magner, MA
Regional Care Consultant -
Regions 3 and 4
Alzheimer's Association Minnesota-
North Dakota
311 S 4th St, Suite 202 | Grand
Forks, ND 58201
p 701.775.8544
f 701.775.8612
c 701.541.4217
E-mail amagner@alz.org

**24 Hour Information Helpline;
CALL US ANYTIME -
1.800.272.3900**



**Aging & Disability Resource
LINK (ADRL)**

www.carechoice.nd.gov
1-855-GO2LINK (1-855-462-5465)

**Options Counseling:
Engaging In life.**

A connection that unlocks options for older adult and their families

- Helps adults 60+ and adults with physical disabilities live independently longer
- Simplifies access to in-home services and long-term supports
- Provides active options counseling, not just referrals
- Assists those who do not qualify for publicly funded services as well as those who do
- Offers planning for alternatives to nursing home care.

Contact Kalen at 701-772-7245

**Tammy Ferderer,
Regional Ombudsman,
Region III & IV**

My family recently moved to North Dakota from Minnesota, due to a job transfer for my husband's career. We have three children. Our youngest moved with us to North Dakota and we have two grown children who continue to live in Minnesota. I graduated with a master's degree in social work from the University of St Thomas in St Paul in May. I have been working with older adults for the past 8 years in long term care, assisted living and independent housing facilities.

The long term care ombudsman program advocates for residents rights who reside in long term care

facilities, assisted living facilities, basic care facilities and swing beds in hospitals. The ombudsman receives, investigates and assists with resolving complaints affecting these residents. The ombudsman is also available to answer questions, provides information, and referral services.

Reprinted from Region III Newsletter

**Facts About
Polyunsaturated Fats**

Polyunsaturated fat is a type of [dietary fat](#). It is one of the healthy fats, along with monounsaturated fat.

Polyunsaturated fat is found in plant and animal foods, such as salmon, vegetable oils, and some nuts and seeds. Eating moderate amounts of polyunsaturated (and monounsaturated) fat in place of saturated and trans fats can benefit your health.



Polyunsaturated fat is different than saturated fat and trans fat. These unhealthy fats can increase your risk for heart disease and other health problems.

Alternative names

Polyunsaturated fatty acid;
PUFA

How polyunsaturated fats affect your health

Polyunsaturated fats can help lower your LDL (bad) [cholesterol](#). Cholesterol is a soft, waxy substance that can cause clogged or blocked arteries (blood vessels). Having low LDL cholesterol reduces your risk for heart disease.

Polyunsaturated fats contain omega-3 and omega-6 fats. These are essential fatty acids that the body needs for brain function and cell growth. Our bodies do not make essential fatty acids, so you can only get them from food.

Omega-3 fatty acids are good for your heart in several ways. They help:

- Reduce triglycerides, a type of fat in your blood
- Reduce the risk of an [irregular heartbeat \(arrhythmia\)](#)
- Slow the build-up of plaque in your arteries
- Slightly lower your blood pressure



Omega-6 fatty acids may help:

- Control your blood sugar
- Reduce your risk of diabetes
- Lower your blood pressure



How much should you eat?

Your body needs some fat for energy and other functions. Polyunsaturated fats are a healthy choice. The 2010 Dietary Guidelines for Americans makes the following recommendations on how much fat you should get every day:

- Get no more than 25 to 30% of your daily calories from fats. Make sure most of those fats are monounsaturated or polyunsaturated.
- Limit saturated fat (found in red meat, butter, cheese, and whole-fat dairy products) to less than 6% of your daily calories. For a 2,000 calorie diet, that's no more than 120 calories, or 13 grams of saturated fat a day.

Eating healthier fats can lead to certain health benefits. But eating too much fat can lead to weight gain. All fats contain 9 calories per gram. This is nearly twice the amount of calories found in [carbohydrates](#) and [protein](#).



It's not enough to add foods high in unsaturated fats to a diet filled with unhealthy foods and fats. Instead, replace saturated or trans fats with healthier fats.

Reading nutrition labels

All packaged foods have nutrition labels on them that include fat content. [Reading food labels](#) can help you keep track of how much fat you eat a day.



- Check the total fat in one serving. Be sure to add up the number of servings you eat in one sitting.
- Look at the amount of saturated fat and trans fat in a serving -- the rest is healthy, unsaturated fat. Some labels will note the monounsaturated and polyunsaturated fat contents. Some will not.
- Make sure most of your daily fats are from monounsaturated and polyunsaturated sources.
- Many fast food restaurants also provide nutrition information on their menus. If you don't see it posted, ask your server. You also may be able to find it on the restaurant's website.

Making healthy food choices

Most foods have a combination of all types of fats. Some have higher amounts of healthy fats than others. Foods and oils with higher amounts of polyunsaturated fats include:



- Walnuts



- Sunflower seeds
- Flax seeds or flax oil
- Fish, such as salmon, mackerel, herring, albacore tuna, and trout
- Corn oil
- Soybean oil
- Safflower oil



To get the health benefits, you need to [replace unhealthy fats with healthy fats](#).

- Eat walnuts instead of cookies for a snack. But be sure to keep your portion small, as nuts are high in calories.
- Replace some meats with fish. Try eating at least 2 meals with fish per week.

- Sprinkle ground flax seed on your meal.
- Add walnuts or sunflower seeds to salads.
- Cook with corn or safflower oil instead of butter and solid fats.



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Reprinted: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.



Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I: Kayla Fenster

1-800-231-7724

Region II: MariDon Sorum

1-888-470-6968

Region III: Mary Weltz

1-888-607-8610

Region IV: Patricia Soli

1-888-256-6742

Region V: Sandy Arends

1-888-342-4900

Region VI: Danelle Van Zinderen

1-800-260-1310

Region VII: Katherine Schafer

1-888-328-2662

Region VIII: Mark Jesser

1-888-227-7525

ND Family Caregiver Coordinators

Region I: Kayla Fenster

1-800-231-7724

Region II: Suzanne Olson

1-888-470-6968

Region III: Mary Weltz

1-888-607-8610

Region IV: RaeAnn Johnson

1-888-256-6742

Region V: Laura Fischer

1-888-342-4900

Region VI: Danelle Van Zinderen

1-800-260-1310

Region VII: Bill Willis 1-888-328-2662 (local: 328-8776)

Region VIII: Rene Schmidt 1-888-227-7525

Long-Term Care Ombudsman Services

State Ombudsman: Joan

Ehrhardt 1-855-462-5465

Region I & II: Deb Kraft

1-888-470-6968

Region III & IV: Tammy Ferderer

1-888-607-8610

Grand Forks: RaeAnn Johnson

1-888-256-6742

Region V & VI: Bryan Fredrickson

1-888-342-4900

Region VI & VII: Shannon
Nieuwsma 1-701-391-0563

Region VII: Shannon Nieuwsma
1-701-328-8972
Bill Willis or Joan Ehrhardt
1-855-462-5465

Region VIII: Mark Jesser
1-888-227-7525

**Vulnerable Adult Protective
Services (VAPS)**

Region I: Kayla Fenster
1-800-231-7724

Region II: Niels Anderson
1-701-629-5393
or 628-2925

Region III & Nelson County:
Kim Helten 1-888-607-8610

Region IV: Bernie Backmeir
1-888-256-6742

Region V: Cass County SS
1-701-241-5747
(Option #2)

Region VI: Danelle Van Zinderen
1-800-260-1310

Region VII: Katie Schafer
1-888-328-2662
(Local: 328-8868)

Region VIII: Rene Schmidt
1-888-227-7525

Other

AARP: 1-866-554-5383

Mental Health America of ND:
1-701-255-3692

FirstLink: 24 Hour Helpline
Dial 2-1-1 or 701-235-7335
(SEEK)

IPAT (Assistive Technology):
1-800-895-4728

Legal Services of North Dakota:
1-800-634-5263 or (age 60+):
1-866-621-9886

ND Attorney General's Office:
1-701-328-3404

Consumer Protection:
1-800-472-2600

Social Security Administration:
1-800-772-1213

Medicare: 1-800-633-4227

**State Health Insurance
Counseling (SHIC) ND
Insurance Department:**
1-701-328-2440

Prescription Connection:
1-888-575-6611

**ND Association for the
Disabled:** 1-701-795-6605
NDAD (Serving all of ND)

Alzheimer's Association:
1-701-258-4933
1-800-272-3900 ND

Senior Medicare Patrol:
1-800-233-1737

Energy Assistance

**For more information on
Energy assistance programs:** 2015

- Grand Forks County Social Services: (701) 787-8500
- Red River Valley Community Action: (701) 746-5431
- The Salvation Army: (701) 775-2597
- St. Joseph's Social Care & Thrift Store: (701) 795-8614
- ND Association for the Disabled 1-701-795-6605 NDAD (Serving all of ND)

Local energy contacts:

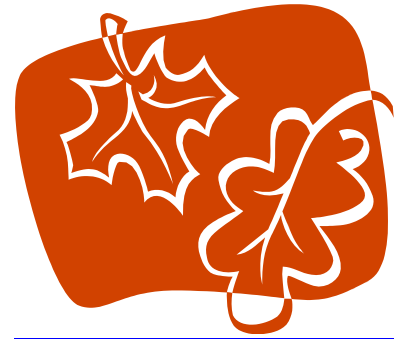
- Excel Energy: (800) 895-4999 (residential customer service)
- NoDak Electric Cooperative: (701) 746-4461



 U.S. Department of Health and Human Services

**Administration for
Community Living
Website:**

<http://acl.gov>



Medicare Part D



**Medicare Part D plan
information** becomes
available, as it is updated
and when enrollment
begins (October 15th),
2015.

Source:

<http://www.q1medicare.com/PartD-The-2015-Medicare-Part-D-Outlook.php>

